

**Lifecare Essendon**

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Natham Raco
72 Vida st
Aberfeldie VIC 3040

To Whom it May Concern,

Re: Natham Raco
72 Vida st, Aberfeldie, VIC, Australia, 3040
06/04/1993
Claim #:

I have been assisting Natham with his condition by providing exercise and physiotherapy management intermittently since 2012.

In the last 10 years he has multiple surgeries on arms, wrists and hands to improve or maintain function of both upper limb. His requirements are ongoing related to functional deficits secondary to his Arthrogryposis.

His work status up to 2019 involved in managing and working within a cafe. He has since ceased work as work demands were in excess of his functional capacity.

Natham wishes to improve and maintain functional capacity within daily activities such as cooking, shopping, cleaning, self-hygiene, and be able to start a sustainable return to work and a return to sports.

Natham aims to improve strength, balance and mobility to achieve his goals. We have worked with Natham to organise a plan for the next 12 months.

Goals	Comments
<p>Natham's goals: Maintain independence, improve function in: daily activities including cooking, shopping, cleaning, dressing, self hygiene etc. Maintain and improve upper limb strength and improve physical health. Improve RTW outcomes</p> <p>Expanded Physio Goals: Start a RTW program and aim for 4-5 days per week of work/study. Improve bilateral upper limb strength and range. Increase and improve upper limb strength and endurance. Increase upper limb exercise tolerance Reduce pain with function Maintain activity levels to manage mental well being</p>	<p>In 2012 and 2019 Natham started 1 weekly group clinical exercise session which has had a positive impact on his musculoskeletal deficits and measurable outcomes. Eg Upper limb strength and endurance has improved by 20%. We recommend 2-3 supervised 30 min sessions per week in accordance with strength and conditioning guidelines. We also recommend a fortnightly 30min physiotherapy session to aid in self management, education, load management support and monitoring of exercise program. Self directed exercise and exercise within a gym environment would not result in improvement in Natham's outcomes, at this stage, as progression and variation of Natham's program requires moderate physiotherapist supervision. Outcomes are measured using valid outcome measures. Withdrawal of management has been shown to have a negative effect on Natham's work participation, strength, mobility, and function.</p>

Please don't hesitate to contact me if you have any questions or require further information.

Yours Sincerely

Duncan Heilbronn
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